

# MILWAUKEE COUNTY SENIOR DINING



**GREATER GALILEE**  
2432 N. TEUTONIA AVENUE

FOR CURBSIDE PICKUP

# APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <div> <b>RESERVATIONS RECOMMENDED</b>   24-HOUR NOTICE  <b>CALL SITE</b>  <b>414-562-1110</b> </div> <div>  <div> Suggested Contribution  <b>\$3.00</b>  60+ </div>  </div> </div>				
<b>1</b> Turkey BLT Salad <i>Turkey, Bacon</i> <i>Lettuce Mix</i> <i>Grape Tomatoes</i> <i>Croutons</i> <i>Ranch Dressing</i> Banana	<b>2</b> Spinach Salad <i>w/Asparagus</i> <i>Garbanzo Beans</i> <i>Hard Boiled Egg</i> <i>Bacon, Croutons</i> <i>Salad Dressing</i> Apple	<b>3</b> Roast Pork Sandwich Kaiser Roll Hashbrown Casserole Steamed Broccoli Kidney Bean Salad Sugar Cookie	<b>4</b> Baked Chicken Macaroni & Cheese Brussels Sprouts Biscuit Fruit Cocktail	<b>5</b> Vegetable Lasagna Sautéed Spinach Glazed Beets French Bread Grapes
<b>6</b> Caesar Salad <i>Grilled Chicken</i> <i>Romaine Lettuce</i> <i>Croutons</i> <i>Parmesan Cheese</i> <i>Caesar Dressing</i> Pear	<b>7</b> Taco Salad <i>Ground Beef, Beans</i> <i>Rice, Cheese</i> <i>Sour Cream, Salsa</i> <i>Tortilla Chips</i> <i>Lettuce, Onion, Tomato</i> Clementine	<b>8</b> Sliced Turkey Gravy Mashed Potatoes Buttered Corn Dinner Roll Pumpkin Bar	<b>9</b> Cheeseburger Sesame Bun Sweet Potato Fries Collard Greens Black-Eyed Peas Strawberry Yogurt	<b>10</b> Baked Tilapia Wild Rice Blend Roasted Squash Wheat Bread Peanut Butter Cookie
<b>11</b> 7-Layer Salad <i>Hard Boiled Egg</i> <i>Bacon, Croutons</i> <i>Tomato, Carrots</i> <i>Romaine Lettuce</i> <i>Mayo Dressing</i> Apple	<b>12</b> Turkey BLT Salad <i>Turkey, Bacon</i> <i>Lettuce Mix</i> <i>Grape Tomatoes</i> <i>Croutons</i> <i>Ranch Dressing</i> Banana	<b>13</b> Grilled Cheese Whole Grain Bread Stewed Tomatoes 3-Bean Salad Peaches	<b>14</b> Tuna Casserole Baby Green Peas V-8 Juice Wheat Bread Mandarin Oranges	<b>15</b> Salisbury Steak Mashed Potatoes Gravy Glazed Carrots Dinner Roll Apple Crumble
<b>16</b> Chef's Salad <i>Ham, Cheese</i> <i>Egg, Bacon</i> <i>Romaine Mix</i> <i>Tomatoes, Croutons</i> <i>Salad Dressing</i> Melon	<b>17</b> Caesar Salad <i>Grilled Chicken</i> <i>Romaine Lettuce</i> <i>Croutons</i> <i>Parmesan</i> <i>Caesar Dressing</i> Pear	<b>18</b> Spaghetti Meatsauce Green Beans Garlic Bread Mixed Salad/Dressing Blueberry Pie	<b>19</b> Baked Pork Chop Au Gratin Potatoes Steamed Cauliflower Cornbread Pineapple	<b>20</b> Crispy Chicken Sandwich <i>w/Lettuce &amp; Tomato</i> Tater Tots Red Cabbage Slaw Raisins Applesauce
<b>21</b> Spinach Salad <i>w/Asparagus</i> <i>Garbanzo Beans</i> <i>Hard Boiled Egg</i> <i>Bacon, Croutons</i> <i>Salad Dressing</i> Orange				

# MILWAUKEE COUNTY SENIOR DINING



Healthy For Good™

## FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



### GO FISH

Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

### BE NUTTY

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



### ADD AVOCADO

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.

### CHECK THE OILS

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.



EAT SMART ADD COLOR MOVE MORE BE WELL

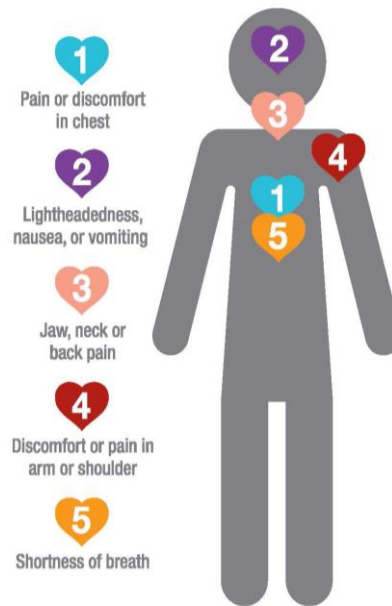
LEARN MORE AT  
[HEART.ORG/HEALTHYFORGOOD](http://HEART.ORG/HEALTHYFORGOOD)

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## Common Heart Attack Warning Signs

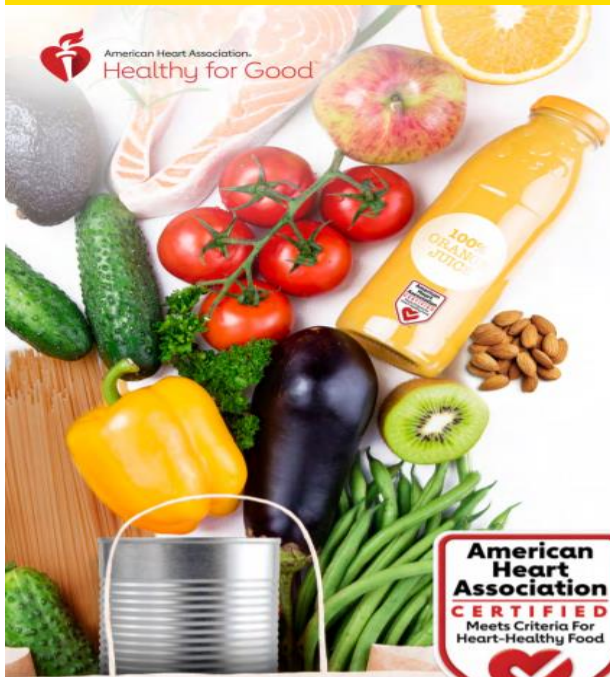


Learn more at [Heart.org/HeartAttack](http://Heart.org/HeartAttack).

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Healthy for Good



## CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

Hundreds of products carry the Heart-Check mark. Look for the Heart-Check wherever you shop—it's in almost every aisle!

This is what it takes to be Heart-Check certified:

### SOURCE OF NUTRIENTS

**Beneficial Nutrients (naturally occurring):**

10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

### LIMITED IN SODIUM

**Sodium:**

One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.\*

### LIMITED IN BAD FATS

**Saturated Fat:**

1 g or less per standard serving size and 15% or less calories from saturated fat

**Trans Fat:**

Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

TO LEARN MORE, VISIT  
[heartcheck.org](http://heartcheck.org)

\*All requirements listed apply to Standard Certification, see [heartcheck.org/requirements](http://heartcheck.org/requirements)

1/16/2018 10/2/18